

THE OPINION OF SPECIALISTS AS CONCERNS THE UTILITY OF THE "DATA VOLLEY" SOFTWARE IN PERFORMANCE VOLLEYBALL

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Abstract

The problem of optimizing the training process of volleyball players in Romania, at every level is a quite current one and absolutely necessary in the theory and practice of this sport.

These last years, in the process of sports training, there are all the more used a series of technical and electronically machines which allow the immediate obtaining of information related to the game actions of each sportsman, of one's own team, as well as of the other's team. Such a software is "Data Volley", used in the last years in our championship also. A number of technical and electronic machines

In order to highlight the most pressing issues in the male volleyball nationally, I performed a quiz-like inquiry, asking for the opinion of the specialists in the field, with regard to identifying ways to optimize the training level of the sportsmen. In this context, I asked the specialists to express their opinion in the matter of the individualized training of senior volleyball players, and of the interest of each and everyone of them as compared to the utility of the "Data Volley" software.

Thus, analysing the results of the specialists opinion in the matter of the training of senior volleyball players in Romania, there was identified a series of problems, whose solving would influence positively the increase of the quality level in their training.

Keywords: volleyball, performance, analysis, software

Introduction

The problem of optimizing the training process of volleyball players at all levels is quite current and absolutely necessary both in theory and in the practice of this sport. Experts' opinions Bompa T. (2001), Păcuraru A. (2000), Furmanov A.G. (2007), on the utility of computer programs in performance volleyball, are mentioned by authors Cojocaru A., Ioniță M. (2008), in their paper. It is no coincidence that this game has a high level of popularity worldwide, including in Romania.

However, both Ciorbă C. (2016) and other authors such as Păcuraru A. (2002), Bril M.S. (2001), Furmanov A.G. (2007), signals that the poor results achieved in Europe and around the world by top volleyball teams show that the level of training is low.

In order to highlight the existing urgent problems in the male volleyball nationally, we initiated a quiz-like enquiry, asking for the opinion of the specialists in the field of volleyball, as concerns the finding of some proper ways to increase the sportive training level of the players.

In this context, we asked the specialists to express their opinion regarding the issue of the individual training of senior volleyball players, depending on their position in the game. Actually, this thing makes up the subject matter of our research. In the enquiry, there were involved 15 coaches of the sports club participating in the A1 League - National Championship of Volleyball in Romania, who were to express their opinions on certain topics, which we were particularly interested in. The enquiry performed by us contains 16 questions, which according to us, reflect the entire range of sportive training of the senior volleyball players in Romania. The coaches were suggested even a series of answer choices that they were to tick in the event that they agreed with one of them or had the possibility of opting for a separate opinion, which they considered as correct. All the quizzes were processed statistically and are shown in the figures below.

Thus, the first question addressed to the specialists had to do with assessing the development level of the volleyball game nationally (fig.1.).

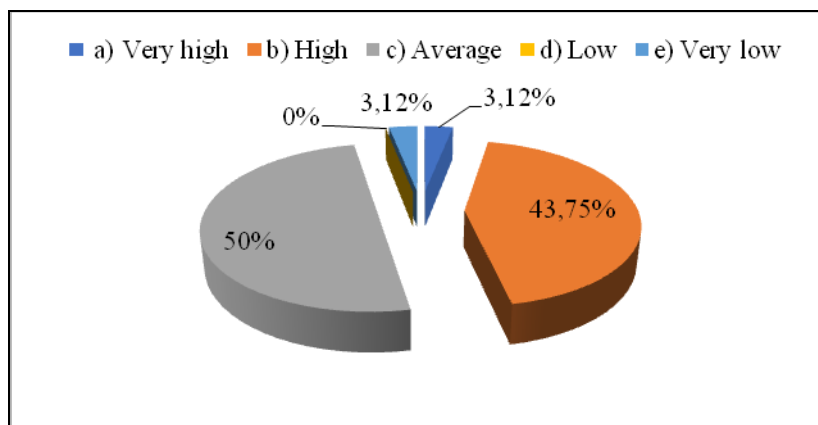


Fig.1. The development level of the volleyball game currently in Romania

If we observe figure 1, we notice that most of the specialists assess the development level of the volleyball game for seniors in Romania as average. For this choice, there opted half of those surveyed (50%). However, a great deal of the coaches (43.75%) think that the training level of volleyball players currently in Romania is very high and only 3.12%, meaning just one of the coaches, thinks it is very high, and also one other thinks it is very low.

Hence, the recorded results express the fact that in the training process of volleyball senior players in Romania there is a series of problems that has to do with their training process, and the poor results recorded in the last years confirm this theory.

Furthermore, we were interested in the specialists' opinion concerning the ages that require an increased attention in the training process of the volleyball game (fig.2). Here, the opinions of those interviewed vary quite a lot, and most of them (18.17%) claim that an increased attention in the training of volleyball players should be given to the juniors III - players, while the rest had other opinions, such as: juniors I – 12.50%, juniors II – 9.37%, youth – 6.25%, and none of those questioned mentioned the importance of showing special attention to the training of senior players.

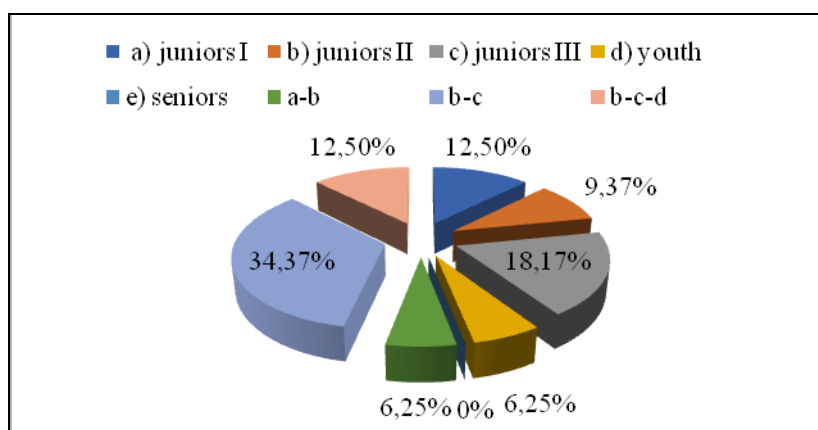


Fig.2. Ages requiring increased attention in the training process of the volleyball game in Romania

This thing actually confirms the situation created at the moment, namely that the training process of senior volleyball players is not given increased attention, mentioning that this is to be done by coaches for the players of younger ages, as mentioned previously.

The next question starts from the specialists' opinions concerning the assessment of the training level of senior volleyball players in Romania as related to international standards (fig.3). Although in one of the questions suggested to the coaches, they mentioned that the training level of volleyball players in Romania is quite high, in the given case 71.87% consider that their level corresponds only partially to the international standards. Only 15.62% opted for the fact that at the moment, the training level of senior volleyball players in Romania corresponds to international standards; whereas 12.50% of the overall number of experts opted for the fact that this level does not correspond entirely to international standards.

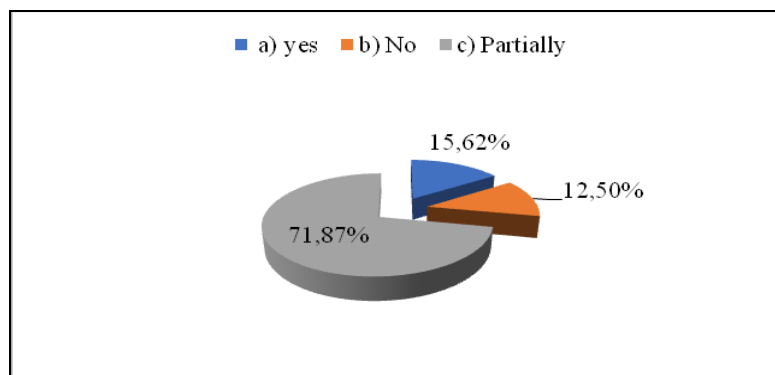


Fig.3. Assessing the sportive training level of senior volleyball players in Romania as related to international standards

Therefore, the coaches are in full accordance when it is about comparing the sportive training level of senior volleyball players in Romania as compared to European standards, the latter being obviously under their level at the majority of parameters studied by us and other researchers in the field.

Another question addressed to the experts in the matter was that concerning the application of individualized training in the sportive training of senior volleyball players (fig.4).

By analysing the coaches' answers to this question, it was revealed the fact that around 71.87% of the total number of coaches use the individualized form of training for senior volleyball players in practice. Around 21.87% apply only partially such a way of training of the senior volleyball players and none of those interviewed opted for the answer choice that they do not use such an approach of sportive training.

As a result, the coaches know very well the advantage of such a way of training the senior volleyball players and even mention the priorities of approaching such a training method.

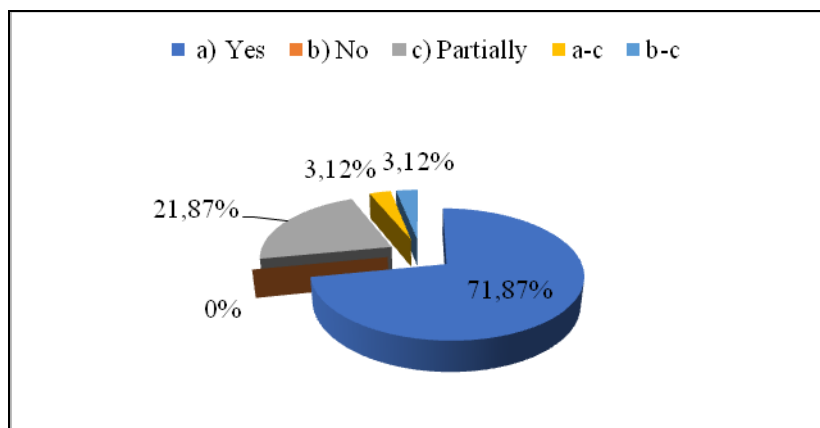


Fig.4. Applying the individualized training in the sportive training of senior volleyball players depending on the game position

In approximately the same context, the question was addressed to the experts in volleyball, who had to assess which of the game positions of senior volleyball players requires a more consistent individualized training (fig.5). According to the data in the figure shown below, we notice that the coaches had different opinions about the individualized training, some thought that certain game positions require additional attention, while a great deal of the coaches for this sport stated that all the game positions require an individualized training, which would lead to an increase of the players' training level.

Thus, 40.62% of the coaches think that the players on the position of Setter need such a training, 15.62% - the Outside Hitter position, 6.25% - the Middle Blocker position, 25% of the coaches think that all the game positions need such an individualized training, whereas the rest of the coaches think that only some game positions require individualized training.

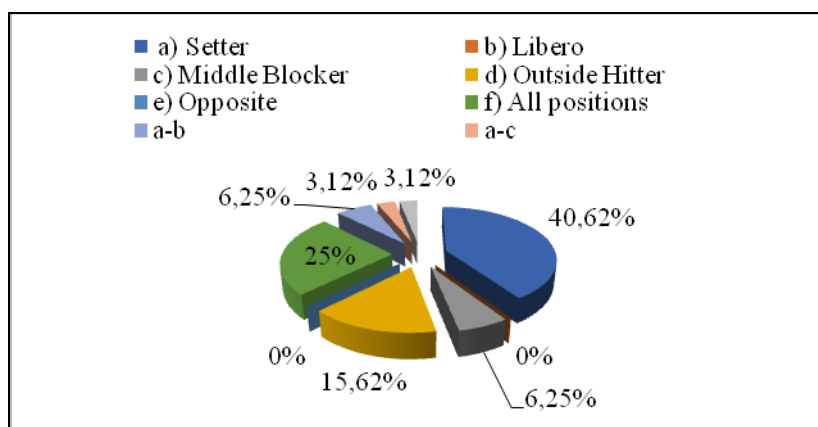


Fig.5. Game positions requiring an individualized training of senior volleyball players

The conclusion for the results of the specialists' answers to this question would be that the coaches treat differently the given problem and do not have a joint vision on the topic. This thing is not mentioned even in the specialty literature, where it would be clearly stipulated the methodology of training senior volleyball players by applying the method of the individualized training, depending on the game positions.

The next question addressed to the volleyball coaches was related to the players on the Middle Hitter positions and it sounded as such: 'Do you think that the individualized training of the Middle Hitter in the senior volleyball game would have a positive impact in the evolution of the entire team?' (fig.6). According to the data in figure 6, it is easily noticed that most of those questioned (84.37%) think that the individualized training of the player on the Middle Hitter position would have a positive impact on the evolution of the entire team, 9.37% think that it would partially help and only two coaches, meaning 6.25% of them, think that such a training would not have a great impact on the evolution of the entire team.

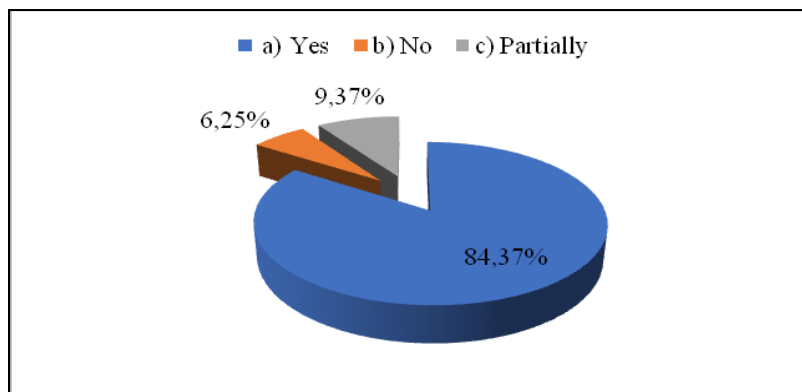


Fig.6. The importance of the individualized training of volleyball players on Middle Blocker position

However, according to the opinion of most specialists in volleyball, the individualized training on game positions, including that of the Middle Blocker, is an advanced methodology which can give rather good results in the training of volleyball players, in our case at the level of seniors.

In fact, the next question comes to clarify one of the problems that interested us in particular, here being about the weight of the given time within a sportive training, as concerns the individualized training on game positions (fig.7).

If we examine the results in figure 7, it is clearly obvious that the coaches think the time allotted to training on separate game positions would be ranging from 20 to 30 minutes maximum of a training session with a duration of two hours, the rest of the time left being dedicated to working with the entire team. Here there is also an explanation from the coaches who think that volleyball as a team game requires to a great extent the training of the entire team, where players need to coordinate all of the game actions and follow precisely the indications of the coach.

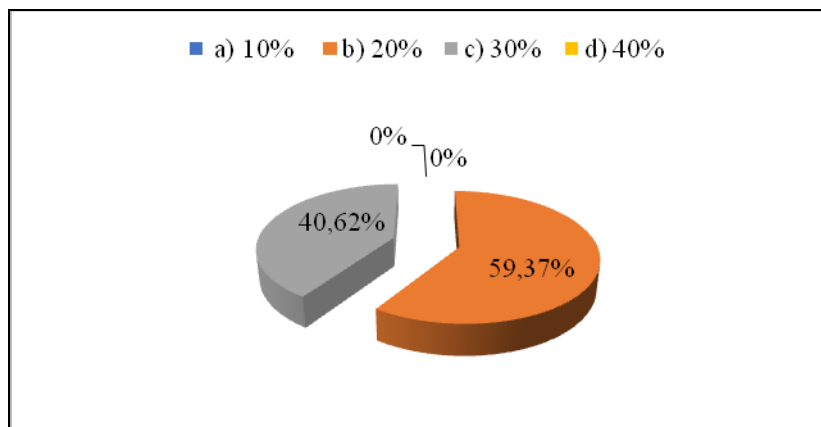


Fig.7. Time weight within a sportive training, concerning the individualized training on game positions

Another question addressed to specialists was one very important for our research, where coaches were to find out whether or not they use the statistical analysis of game actions within official competitions (fig. 8).

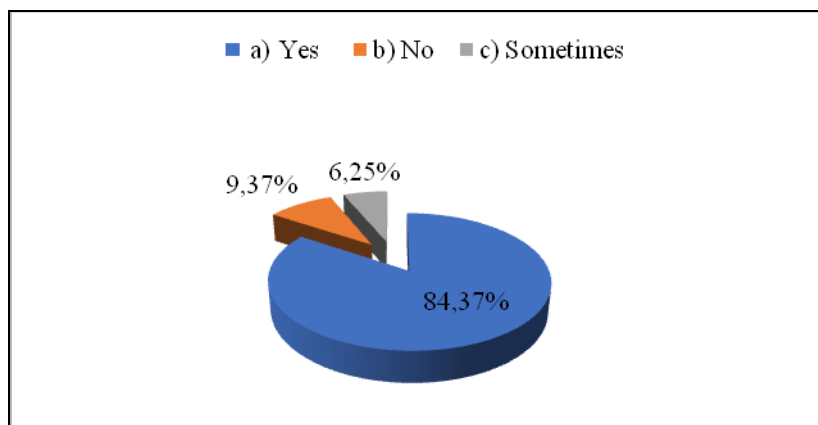


Fig. 8. Applying the statistical analysis of game actions within official competitions

From the analysis of the recorded results, it turns out that the majority of coaches (84.37%) practice this thing and use the statistical processing of game actions of the teams within official competitions. Nearly 10% do not use the statistics of game actions, whereas 6.25% use it only sometimes.

As we can notice, the majority of coaches working at the senior volleyball teams in Romania use the statistical analysis of game actions, which shows us that the coaches are very preoccupied with improving the sportive training and at the same time with increasing the volleyball standard at the senior level.

The next question was addressed with the purpose of finding out whether the coaches have knowledge about “Data Volley”, the statistical analysis of game actions in the volleyball (fig. 9).

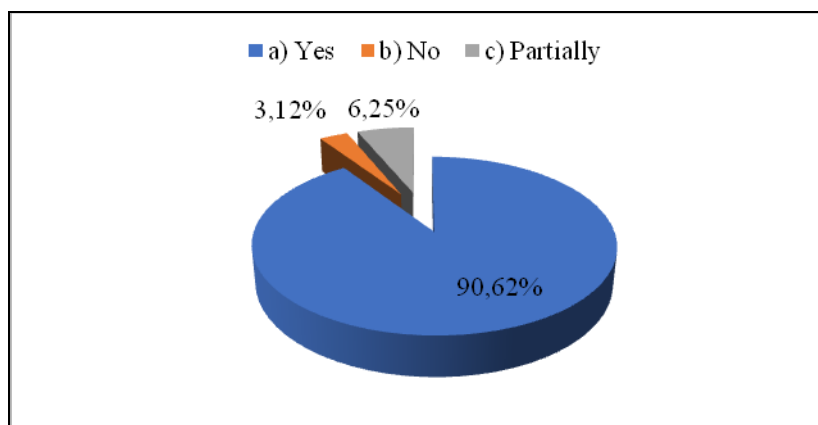


Fig.9. The knowledge of coaches about “Data Volley”, the statistical analysis software of game actions in volleyball

It was proven that most of them know this kind of methodology of recording and processing statistics data for the game actions of volleyball players (90.6%). 3.12% mentioned that they do not know and do not use this kind of methodology, whereas 6.25% just vaguely know the methodology and apply it only occasionally and partially.

Therefore, analysing the results of the specialists’ opinion in the field of performance volleyball in Romania, it was noted that the coaches of this sport, especially the coaches working with senior players, apply different techniques and modern methodologies in the theory and practice of sportive training in the volleyball game.

Talking about the application of “Data Volley”, the statistical analysis software of game actions in the training process and within sportive competitions, most coaches claim that it would be a good thing for

improving the quality of the game, but however they do not use it, mentioning several causes for this: the high costs of such software; the lack of specialists able to work with this programme; the lack of information on this software, and more.

After the survey performed among experts in the field of male volleyball, we are to introduce the experimental methodology mentioned earlier, and the results obtained will give us an idea on its effectiveness in the training of senior volleyball players.

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